

## CHILD AND ADULT CARE FOOD PROGRAM ADULT MEAL PATTERN

FOOD COMPONENTS	BREAKFAST	LUNCH OR SUPPER	SNACK <sup>1</sup> (choose two of the four)
<b>Milk<sup>2</sup></b>			
Milk, fluid	1 cup (8 fl. oz.)	1 cup (8 fl. oz.) Optional at Supper	1 cup (8 fl. oz.)
Cheese, natural	1½ oz.	1½ oz.	1½ oz.
Cheese, processed	2 oz.	2 oz.	2 oz.
Yogurt, plain, flavored, or sweetened	1 cup	1 cup	1 cup
<b>Vegetable(s) and/or Fruit(s)</b>			
Vegetable(s) and/or fruit(s), or	1/2 cup	1 cup total <sup>3</sup> (Serve 2 or more kinds of vegetables and/or fruits)	1/2 cup
Full-strength vegetable or fruit juice, or	1/2 cup (4 fl. oz.)		1/2 cup (4 fl. oz.)
An equivalent quantity of any combination vegetables(s), fruit(s), and juice	1/2 cup total		1/2 cup total
<b>Grains/Breads<sup>4</sup></b>			
Bread	2 slices (1.8 oz. total)	2 slices (1.8 oz. total)	1 slice (.9 oz. total)
Cornbread, biscuits, rolls, muffins, etc., or	2 servings	2 servings	1 serving
Cold dry cereal, or	1½ cups or 2 oz. <sup>5</sup>	1½ cups or 2 oz. <sup>5</sup>	¾ cup or 1 oz. <sup>5</sup>
Cooked cereal or cereal grains, or	1 cup	1 cup	½ cup
Cooked pasta or noodle product ,or	1 cup	1 cup	½ cup
An equivalent quantity of any combination of bread/bread alternates	1 cup	1 cup	½ cup
<b>Meat/Meat Alternates<sup>6</sup></b>	(Optional at breakfast)		
Lean meat, poultry, fish, or	1 oz.	2 oz.	1 oz.
Cheese, or	1 oz.	2 oz.	1 oz.
Cottage cheese, or	1/4 cup	1/2 cup	1/4 cup
Eggs, or	1/2 large egg	1 large egg	1/2 large egg
Cooked dry beans, peas, or	1/4 cup	1/2 cup	1/4 cup
Peanut butter, soynut butter, seed butters, other nut butters, or	2 Tbsp.	4 Tbsp.	2 Tbsp.
Peanuts, soy nuts, tree nuts, seeds, or	1 oz.	1 oz. = 50%	1 oz.
Yogurt, flavored, plain, sweetened, or	1/2 cup (4 fl. oz.)	1 cup (8 fl. oz.)	1/2 cup (4 fl. oz.)
An equivalent quantity of any combination of the above meat/meat alternates	1 oz. total	2 oz. total	1 oz. total

For the purpose of this table, a cup means a standard measuring cup.

*Indicated endnotes can be found on the back of this page*

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### MEAL PATTERN DEFINITIONS\*

<sup>1</sup> **SNACKS:** Serve from two of the four component food groups. Fruit/Vegetable is considered a single component; thus a serving of fruit plus a serving of vegetable at the same supplemental meal will not meet the requirement. Juice (fruit or vegetable) may be served with milk in the same supplemental (snack) meal service to meet the requirement for two components.

<sup>2</sup> **MILK:** Serve 1 cup (8 oz.) of fluid milk as a beverage or on cereal. Fluid milk is defined as pasteurized unflavored or flavored fat free, lowfat, reduced fat, or whole milk. Acidified milk, cultured buttermilk, lactose-reduced milk may also be served. All milk must be fortified with vitamins A and D and meet state and local standards. Milk is an optional food component at supper.

Yogurt and cheese can be used as a substitute for milk in any meal or snack as long as fluid milk is included in one other meal or snack on the same day. It is not necessary that the fluid milk be served at a reimbursable meal as long as the sponsor documents that milk is served on the same day. Use yogurt or cheese in the quantities listed below to meet the meal pattern requirements for fluid milk.

An eight-ounce serving of fluid milk can be substituted with:

- One cup (8 fluid oz. ) of yogurt, or
- One and one-half ounces of natural cheese, or
- Two ounces of processed cheese.

Yogurt or cheese cannot be credited for both the milk and meat/meat alternate component groups in a single meal. However, if both yogurt and cheese are offered within the same meal, one can be used to satisfy the milk component group and the other to meet the meat/meat alternate component group.

Other substitutions for milk must be medically prescribed. Frozen yogurt and other nonstandard yogurts are not creditable products and may not be used to satisfy any component requirement in a reimbursable meal.

<sup>3</sup> **VEGETABLE/FRUIT FOR LUNCH OR SUPPER:** Serve 2 or more kinds of vegetable(s) and/or fruit(s) or a combination of both. Full-strength vegetable or fruit juice may be counted to meet only one of the two-item requirement.

<sup>4</sup> **DEFINITION OF GRAINS/BREADS:** Grain products, pasta, noodles and cereal grains (such as rice, bulgur, oats, wheat or corn grits) shall be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole-grain or enriched meal or flour. Cereal, including wheat germ, wheat bran, oat bran, etc., shall be whole-grain, enriched or fortified.

A bread serving is 1 slice of bread equivalent to 25 grams (.9 to 1 oz.) in weight. Instructions for determining the appropriate serving sizes for grain products served as bread alternatives (crackers, pancakes, bulgur, etc.) are found in the Simplified Buying Guide or the *Grains/breads Chart for Child Nutrition Programs*.

<sup>5</sup> **QUANTITY OF DRY CEREAL:** To measure dry cereal, use either volume (cup) or weight (oz.) whichever is less.

<sup>6</sup> **MEAT/MEAT ALTERNATES:** The meat/meat alternate component group is an option at the breakfast meal. No more than 50 percent of the requirement shall be met with nuts or seeds. Nut or seed butter may satisfy 100 percent of the requirement. Whole nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. When determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry, or fish; ¼ cup of cottage cheese is equal to 1 oz. of meat alternate; ½ cup of yogurt is equal to 1 oz. of meat/meat alternate.

\*OZ. = OUNCE(S)